

# Wisconsin Food Code FACT SHEET

## Thawing Foods Safely



*To keep food safe during thawing  
make sure you thaw food in one of  
the following ways:*

### In the refrigerator

Thaw food in a refrigerator that is capable of maintaining food at a temperature of 41°F or below. **Note:** This method requires advance planning as thawing larger foods may take several days.

### When cooking

Thaw as part of the cooking process.

### In the microwave

Thaw in a microwave with immediate transfer to conventional cooking equipment with no interruption in the cooking process.

### Under running water

Thaw food completely submerged under running water at a temperature of 70°F or below, with sufficient water velocity to agitate and float off loose particles in an overflow.

- **Ready-to-eat** foods thawed for a period of time that does not allow thawed portions to rise above 41°F.
- **Raw animal foods requiring cooking** not above 41°F for more than 4 hours. The 4 hours includes the time to prepare the food for cooking **or** the time it takes to refrigerate the food to a temperature of 41°F.

### For immediate service

Thaw using any procedure for **ready-to-eat food** prepared for immediate service in response to a consumers order.



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